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VEGAN STEW WITH
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MEAL FROM THE
MEDITERRANEAN {page 23}



DEBATE COUNTRY NOT THAT STRONG? REEL GUYS {page 17}



EDMONTON

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Weekend, January 7-9, 2011
www.metronews.ca

 News worth
sharing.

NHL. Victory



► Edmonton Oiler Gilbert Brule puts the puck past New York Islanders goalie Nathan Lawson during NHL action in Edmonton on Thursday.

IAN JACKSON/THE CANADIAN PRESS

Record bust of illegal cigarettes

► AGLC, local agencies say they will backtrack to see where contraband tobacco came from, where it was going

 **LUCY
HAINES**
EDMONTON@METRONEWS.CA

In a record-setting bust, Hobbema RCMP and the Alberta Gaming and Liquor Commission have seized 14-million contraband cigarettes from a Ponoka-area Quonset.

RCMP Const. Perry Cardinal said the bust is the biggest he has seen.

"These cigarettes were transported by five-tonne truck and tractor trailer," added AGLC communications representative Lynn Hutchings-Mah. "It took more than one vehicle to bring them in."

The estimated 75,000 cartons of illegal smokes were discovered after Hobbema RCMP responded to a complaint at the hut, used for storage by the Montana First Nation.

It was being reported that the cigarettes allegedly belonged to the Rainbow Tobacco Company in Kahnawake, Que., but that the Montana First Nations had no financial stake in the matter.

Hutchings-Mah wouldn't comment on the origin of the cigarettes and said no charges have yet been laid in the ongoing investigation.

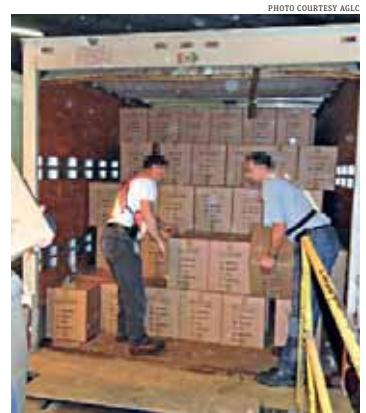


PHOTO COURTESY AGLC

Oilers snap losing streak

The Oilers won 2-1, with Dustin Penner earning a goal and an assist on the night. Story, page 24.

Harper promises no deep cuts

PM says focus on creating jobs,
growth still 'very fragile' {page 13}

Getting his second chance

Actor Stephen Dorff lands
his 'good guy' role {page 19}

According to the AGLC, the illegal cigarettes represent \$3 million in lost tax revenue for the province. As they were not properly marked for legal sale in Alberta, they also violate the Tobacco Tax Act.

Both federal and provincial regulations say all wholesalers and importers of tobacco must be licensed, and all products must be labelled.



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Special Price Program		

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Special Price Program		

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2009 Dodge Grand Caravan Stow N Go, Rear Go, #0946548, MSRP was \$31,770, Discount \$16,782	\$14,988	

2009 Dodge Dakota Crew Cab 4x4 SXT #09444354, MSRP was \$37,615, Discount \$18,627	\$18,988	
2006 Chrysler 300C AWD #0632245	\$15,988	
2009 Dodge Journey R/T AWD #0975429	\$17,988	
SALE PRICE		

2009 Nissan Titan Crew Cab 4x4 SE #0911730	\$26,988	
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Southwest shootout lands man in hospital

A man is in hospital in stable condition after a shooting in Edmonton's southwest.

Just before 9 a.m. yesterday, police were called to a home in the area of 107 Street and 60A Avenue where a man had arrived seeking medical attention, according to police. An ambulance took the victim to hospital, where he remains with non-life-threatening injuries.

According to police reports, the man had a gunshot wound to the leg, but it remains unclear where the crime scene actually originated.

While police dogs have been brought in to help the investigation, police say they have no witnesses and no suspects in the case. The victim is known to police. **• METRO**

It's city vs. city in January blood drive

Edmonton has a title to defend against rivals in Calgary.

It's not sports this time — it's a race to see which city can bring in the most blood donors in January.

Edmonton police, firefighters and EMS are taking on their Calgary counterparts in the ninth annual Sirens for Life blood challenge, and service agencies as well as the public are encouraged to participate to meet the city's goal of 6,900 blood donations.

The event, run by Canadian Blood Services, raises awareness about the ongoing need for blood in our communities. **• METRO**



How to stanch the feline flood?

► This year's city budget includes \$30K to review methods of controlling feral cats ► Edmonton Humane Society attempting to educate cat owners



HEATHER
MCINTYRE
@METRONEWS.CA

THIS IS

considering a new program to control its feral-cat problem.

The Trap-Neuter-Return (TNR) program is being reviewed and could be implemented this year, said John Wilson, acting manager of the city's community standards branch.

TNR is a method of humanely trapping feral — which is to say wild — cats,

having them spayed or neutered and released back into their colony.

"All municipalities seem to be struggling," said Wilson, adding TNR is a much more humane and cost-effective way of dealing with the animals than euthanizing them.

Implementing the program this year is fitting because, according to the Vietnamese calendar, 2011 is the Year of the Cat, and organizations all over North America are work-

ing collaboratively on initiatives to deal with an overpopulation of the animals.

The Edmonton Human Society had, on average, 450 cats up for adoption at any given time during 2010, proving that many pet owners don't have their cats fixed and still let them roam free.

The 2011 city budget also includes reviewing a subsidized spay-and-neuter program for lower-income families.

Strays abound

- Feral cats cannot be adopted but strays can be.
- There are about 300 cats currently available at the Edmonton Human Society.
- The society adopted out about 900 felines during seven incentive-driven adoption events last year, said Shawna Randolph, media relations.

1

news



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GLENBOW MUSEUM

Exhibit's artistic spin on stem cells

If you thought stem cell research and art had nothing in common, think again.

University of Alberta researchers have organized a multimedia exhibition on the controversial bio-science technology, bringing vi-

sual artists from Europe and North America to the Glenbow Museum in Calgary for a unique look at the issue.

Perceptions of Promise: Biotechnology, Society and Art features a sculpture made from scans of human embryos, a tent with images of human cells, and drawings of one of the artist's chromosomes.

Brothers Sean and

Tim Caulfield of the U of A say this exhibition will offer a more nuanced, reflective look at the polarizing debate.

• METRO

Friday ski bargain returns

\$5 Fridays are back at Snow Valley Ski Club in an effort to reach 15,000 pounds of donations for the Edmonton Food Bank.

Those who bring a non-perishable food item after 5 p.m. on Fridays, starting Jan. 7, will have their lift pass reduced by half to only \$5. • METRO

Fitness centre reopens

A new and improved Peter Hemingway Fitness and Leisure Centre is ready for Edmontonians who want to fulfill their New Year's resolutions.

After six months of renovations and upgrades, the centre, located at 13808-111 Ave., reopened Monday. • METRO

Kite store to fly no more at West Edmonton Mall



► Chris Newell is closing down shop at West Edmonton Mall after 27 years of selling kites — along with other delights.

► 2nd location to stay open ► No hard feelings between family, mall

South side

► Chris Newell said the South Edmonton Common store, which has been open for five years, is a mirror image of the West Edmonton Mall store so many have come to know and love. "It's the same kind of thing, just a different kind of location."

He opened a location for a short while on 82 Avenue before setting up shop at Kingsway Mall for five years. While there he added games to his merchandise, and after the move to West Edmonton Mall other toys and hobbies were added to the mix.

Although the longtime location will close its doors following its 50 per cent off clearance sale, the location at South Edmonton Common will remain open.

Newell runs the business with his wife, Victoria, and their son, Jason.

"Years and years ago, I was interested in kites and kite flying," said Newell. "It started off just a kite store."

"We've been blessed with wonderful customers and staff," said Newell. "It's the end of a chapter."

• HEATHER MCINTYRE

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News in brief

Oilsands fire injures four

VICTIMS. A fire at the Horizon oilsands plant injured four workers Thursday afternoon, said Canadian Natural Resources Ltd.

The fire broke out in the upgrader, a portion of the plant that converts bitumen into crude oil products. Investigators were heading to the site, 70 kilometres north of Fort McMurray.

• METRO

No rest for couch potatoes

GET MOVING. A new and improved Peter Hemingway Fitness and Leisure Centre is ready for Edmontonians who want to fulfil their New Year's resolutions.

After six months of renovations, the centre, at 13808-111 Ave., reopened Jan. 3.

• METRO

Power line probe rejected

WORRIES. There are no plans by the Alberta government for an environmental assessment of a proposed high-voltage power line. Officials say the impact of the Heartland Transmission Project would be minimal.

The lobby group Responsible Electricity Transmission For Albertans asked for the probe.

THE CANADIAN PRESS

Man awaits his fate over arson

CRIME. Sentencing arguments were heard Thursday for an Edmonton man found guilty of nine criminal charges in connection with an arson and extortion case.

Jonathan David Meer was convicted last month for intimidating business associates who were trying to collect debts.

He will be sentenced Jan. 26.

• METRO

Now ETS will let you thumb a ride

- Send a text to 31100 to get bus information
- Advertising in messages becomes available in April



**HEATHER
MCINTYRE**
@METRONEWS.CA

Starting today, ETS riders can put their thumbs to work to get bus route information.

The City of Edmonton has launched a pilot service that will allow ETS riders to send a text message and receive schedule information into their mobile phone — in seconds.

"To an extent, we're now enabling this information through a (service) a lot of our customers already use," said Nathan Walters, ETS strategic marketing supervisor.

Walters said the idea has been buzzing around for some time, as many other municipalities in



► Send a text with a bus stop number to 31100 to get information about the next six buses.

HEATHER MCINTYRE/METRO

Canada and North America have a similar service.

"We work closely with other transit authorities," he said.

"We're always looking at other things and wondering, 'What would that look like here?'"

The service is a pilot project though, but could be in use for up to three years before being evaluated for any changes.

Customers can still call BusLink (780-496-1600), which started in 1994, to get schedule information.

Texts tell you

The are three ways to use the service:

- ONE:** The first method allows riders to text their bus stop number to get the scheduled time of the next six buses arriving at that stop, including all routes.
- TWO:** Riders can also text their route number after 31100 and a space to get the next six site-specific arrivals with one hour.
- THREE:** This option will be available next week, and will allow riders to customize an online profile so they can send blank texts to 31100 and receive schedules specific to their route.

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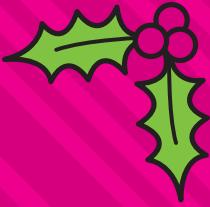
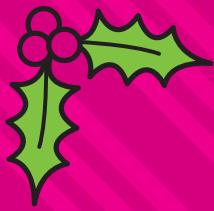
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Freed from jail to share a kidney



► Jamie, left, and Gladys Scott going home to Florida.

GETTY IMAGES

► Sister's donation part of release deal

Two imprisoned sisters who have pledged to share a kidney were to be freed Friday as part of a deal to suspend their life sentences for armed robbery.

Jamie and Gladys Scott are set to be released from a state prison just east of Jackson, Miss.

They plan to head to Pensacola, Fla., where their mother and children live, said corrections commissioner Chris Epps.

Gladys Scott's release order requires her to donate a kidney to her sister, who is suffering from kidney failure and requires dialysis.

The two women have been held in different parts of the Central Mississippi Correctional Facility in Pearl for the past few years, and it's unlikely they had much interaction in the sprawling complex.

THE ASSOCIATED PRESS



► Hi Mom: Ted Williams, 53, meets his mother Julia, 90.

DORAL CHENOWETH III/COLUMBUS DISPATCH/THE ASSOCIATED PRESS

Golden voice, golden day

Just days ago, Ted Williams was living in a tent near an Ohio highway. Thursday he was in New York for an emotional reunion with his 90-year-old mother. The panhandler and ex-radio announcer's life changed when he was spotted holding a sign extolling his velvety voice and asking for help. NBA's Cleveland Cavaliers offered him announcing work and other job offers have flooded in.

Man admits to murder, stuffing bodies in tree

An unemployed tree-cutter told a court Thursday he killed three people, stuffed their bodies in a hollow tree and raped a 13-year-old girl.

Matthew Hoffman, 30, pleaded guilty to aggravated murder, burglary, kidnapping and rape.

He was sentenced to life in prison without possibility for parole.

"This is so sickening, Matthew, to know you even had the guts to do this," the girl said in a statement read in the

Ohio court.

An indictment alleged Hoffman killed Tina Herrmann; her 11-year-old son, Kody Maynard; and neighbour Stephanie Sprang while stealing from Herrmann's home Nov. 10.

He also was charged with kidnapping the teen and raping her at his home in Mount Vernon. She was found bound and gagged in his basement.

"This has changed my whole life," the girl said.

THE ASSOCIATED PRESS

Mudslide kills couple, two kids

16 The worst-hit state is Minas Gerais, where officials said 16 people either drowned or were buried in mudslides.

A couple and their two young daughters died in a mudslide in Sao Paulo state, Brazilian authorities say.

The deaths bring the death toll from heavy flooding to at least 35.

More than 30,000 peo-

ple across the country have been forced out of their homes.

Heavy rains have been pummelling Sao Paulo, Rio de Janeiro and Espirito Santo states since Christmas.

THE ASSOCIATED PRESS

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'Code of silence' stalling probe over gang rape?

- 'We can't force people to talk to us,' officer says
- Alleged victim says bullies forced her out of school

Police say a "code of silence" among teens may be preventing them from laying more charges in what they believe may have been a gang rape of a 16-year-old girl at a B.C. rave party last fall.

Police announced charges Thursday against two more men in the alleged September sexual assault, but said they can't pry enough evidence out of the teenage witnesses for more charges.

"We can't force people to talk to us, whether they're a group of teenagers or whether they're the most hardened criminal," Sgt. Peter Thiessen told reporters.



The case shocked police and the public when just hours after the incident photos and video of the alleged attack in the Vancouver suburb of Pitt

Meadows had been posted on social media websites including Facebook.

Colton Ashton Morris, 18, of Maple Ridge has now been charged with sexual assault and Dennis John Allen Warrington, 19, of Langley has been charged with production and distribution of child pornography.

Another 16-year-old boy was charged last fall with production and distribution of child pornography.

Meanwhile, the girl says she has had to leave school because of bullying.

But she says she is now stronger than she has ever been.

THE CANADIAN PRESS



Holy smoke

A Hindu holy man takes a puff of pot at a transit camp in Calcutta, India, on Thursday. His next stop is an annual holy dip with pilgrims at the confluence of the Ganges and the Bay of Bengal.

BIKAS DAS/THE ASSOCIATED PRESS

Rape stats at 4-year high in Haiti

A new United Nations report says the rape of women and girls in Haiti has reached a four-year high.

Rape, sexual assault and the exploitation of children in the sex industry is at its highest level since 2006, says a report by the United Nations Children's Fund, or UNICEF.

The crowded and precarious conditions in tent camps are cited by UNICEF for increasing the vulnerability of women and children.

The report is one of several emerging in the run-up to the one-year anniversary of Haiti's Jan. 12, 2010, earthquake that killed 200,000 and forced 1.5 million from their homes.

A separate Amnesty International report also found that the earthquake sparked an increase in sexual violence across Haiti.

THE CANADIAN PRESS

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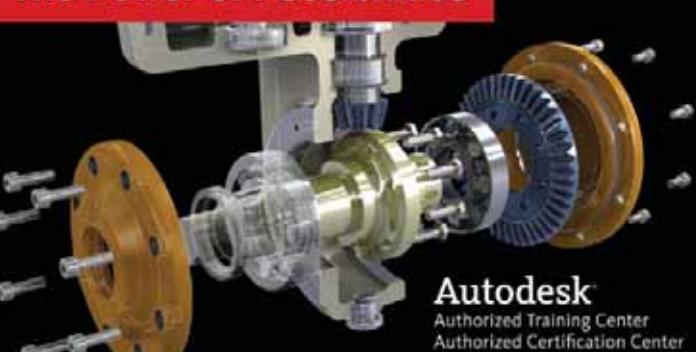
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News in brief



▶ Siobhan Coady

RICK MADONIK/TORONTO STAR NEWS SERVICE

**Tories ad tab
\$45M: Grits**

CITIC. The Liberals say the federal Conservative party owes Canadians \$45 million for partisan government advertising on the taxpayers' dime.

Liberal critic Siobhan Coady has released a mock invoice for the amount in reaction to a report by The Canadian Press that found the government went ahead with a Tory-blue website in spite of civil-service concerns.

The Economic Action Plan website debuted in 2009 with dozens of photos of Prime Minister

Stephen Harper and has been the focus of criticism and complaints over what many say is its overtly partisan appearance and tone.

THE CANADIAN PRESS

**New rules for
fertilization**

IN VITRO. Brazil's national association of doctors has approved new rules for in vitro fertilization that let same-sex couples and single people qualify for the process.

A statement from the organization says that the change "was a demand of modern society."

THE ASSOCIATED PRESS

**Segregation on
buses allowed**

GENDER. Israel's Supreme Court has issued a ruling permitting the separation of men and women on some buses serving minority ultra-Orthodox Jewish communities, but only if the passengers agree.

THE ASSOCIATED PRESS

News in brief**Arson charges to be laid**

РИZZUTO FAMILY. At least one person is expected to be charged in the firebombing of a Montreal funeral home belonging to the notorious Rizzuto family. Montreal police Const. Yannick Paradis says charges will likely be arson, arson causing damage to property, possession of an incendiary material and conspiracy. **THE CANADIAN PRESS**

Convictions dropped for physician

ANNA NICOLE SMITH. A judge yesterday dismissed the drug conspiracy convictions of the late Anna Nicole Smith's boyfriend-lawyer Howard K. Stern and her psychiatrist, allowing only one conviction to remain against the physician while reducing it to a misdemeanour. Superior Court Judge

Robert Perry found that Stern never had the intent to defraud when he used his name and others to protect Smith's privacy when he obtained prescriptions for her. **THE ASSOCIATED PRESS**

Two packages release smoke

MARYLAND. Two packages sent to U.S. state government buildings 32 kilometres apart released smoke and the smell of sulphur when they were opened yesterday, officials said. Two workers were slightly burned. **THE ASSOCIATED PRESS**

Haiti: A year after the quake

For instructions on how to scan this story, go to page 3.

Reform needed to stop spills: Report

► Findings suggest BP disaster may not be an isolated incident, contrary to the oil industry's assurances

Disasters like the explosion of the Deepwater Horizon rig could happen again without significant reform, according to the conclusions of a presidential panel that has the companies involved in the largest U.S. oil spill pointing fingers at each other again.

In a 48-page excerpt of its final report obtained by The Associated Press, the commission described systemic problems within the offshore oil and gas industry and government regulators who oversee it. It also said such a disaster could happen again without significant reforms.

The full report is due to the U.S. president Jan. 11. But key questions will re-



► Deepwater Horizon oil rig burning in April 2010.

main, namely: Why didn't a hulking piece of equipment that sat at the wellhead and was supposed to choke off the flow of oil in the event of a blowout do its job?

The oil spill commission said poor decisions led to technical problems that contributed to the April 20 accident that killed 11 people and led to more than 757 million litres of oil spewing from BP's well 1,500 metres beneath beneath the Gulf of Mexico. BP, Halliburton and Transocean, each made individual decisions that increased risks of a blowout but saved significant time or money.

But ultimately, the Deepwater Horizon disaster came down to a single failure, the panel says: Management. When decisions were made, no one was considering the risk they were taking. **THE ASSOCIATED PRESS**

Report findings

A BP request to set an "unusually deep cement plug" was approved by the then-Minerals Management Service in 90 minutes.

► That decision is one of the nine technical and engineering calls the commission says increased the risk of a blowout.

► Federal investigators analyzing the blowout preventer at a NASA facility in New Orleans aren't expected to finish until February.

► Outside experts in technological disasters lauded the commission's focus on organizational and managerial failures.

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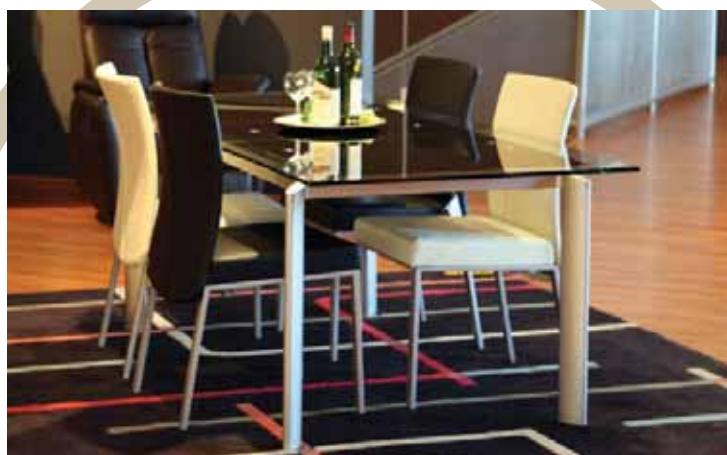
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Copts cautious with Christmas celebrations

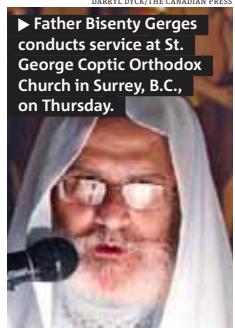
► Copts celebrate the birth of Christ on Jan. 7, rather than Dec. 25 ► Nearly 250,000 Copts live in Canada

Some Coptic churches in Canada are cancelling part of their Christmas celebrations in the wake of a deadly terrorist attack in Egypt last week.

In Toronto and Montreal, the regions with the most Coptic Orthodox churches, many have called off the "social and fun parts" of the holiday out of solidarity with those affected by the New Year's Day attack.

Mark Mankarious, an active member of the Ti Agia Maria and St. Demiana Coptic Orthodox Church in west Toronto, says there will be no traditional banquet or kids' activities after tonight's holiday mass.

► Father Biseny Gerges conducts service at St. George Coptic Orthodox Church in Surrey, B.C., on Thursday.



Meanwhile, the Virgin Mary Coptic Orthodox Church in Longueuil, just south of Montreal, is sending the funds it would have spent on games and festivi-

ties to the families of the victims in Egypt.

Coptic churches throughout the country are also boosting security efforts after the RCMP expressed concerns that extremists may target the diaspora abroad.

The attack in Alexandria on New Year's Day left at least 23 dead, and it sparked riots in Egypt and alarm across Europe and North America.

Copts, who originate in Egypt, are the largest Christian population in the Middle East and account for an estimated nine per cent of the 83 million people living in Egypt.

THE CANADIAN PRESS



► Allison Warden poses with her car in Raleigh, N.C., showing a message about the rapture.

FILE, GERRY BROOME/AP PHOTO

Second coming announced

Allison Warden has been helping organize a campaign using billboards, post-cards and other media in cities across the U.S. through the website We Can Know. To Warden and other like-minded Christians, Judgment Day can be calculated precisely by tracing biblical genealogy.

New Shaw VP quits

Media reports say the man hired to run Shaw Communications Inc.'s new wireless division has left in the latest sign of turmoil at the Western Canadian telecom giant.

Reports say Laurence Cooke left for both profes-

sional and personal reasons.

Cooke, who held the position of vice-president of wireless, was hired by an executive team led by former Shaw president and vice-chairman Jim Shaw.

THE CANADIAN PRESS

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PM puts knife away, promises no 'deep cuts'

► Health care, education are safe, he says ► Instead, he'll focus on job creation ► Growth still 'very fragile'

Man who posed as Mountie to get guys gets 60 days instead

A 53-year-old man who dressed up as a Mountie in the hopes of picking up guys at a Royal Canadian Legion has been sentenced to 60 days in jail.

Thomas Hanaway was first charged with impersonating a police officer in December 2009, and was released on a promise to appear.

But he was re-arrested in May and again in October after he was caught posing

as an RCMP officer at the legion in East St. Paul.

Staff members at the legion say Hanaway showed off a police badge and told everyone he was the head of the East St. Paul detachment.

Hanaway told police he pretended to be a police officer to attract male sexual partners, explaining that "to spice up your life, sometimes you play little games." **THE CANADIAN PRESS**

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No deep cuts — that's the message from Prime Minister Stephen Harper.

Harper said the next federal budget will focus on reducing the deficit and controlling expenses.

Limited spending will be aimed at encouraging job creation and economic growth, Harper said Thursday.

"We will have to make choices in terms of priorities, but we are not looking at deep cuts," he said



► Stephen Harper

to provinces for things like health care and education."

The government, Harper said, will focus on job creation in the new year, adding that stimulus spending is wrapping up.

"It really is the end of the first phase of our economic action plan — the stimulus phase — which has been a great success. Now we will be focused on deficit reduction."

THE CANADIAN PRESS

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Economists bullish despite new poll results

Cheer up, gloomy Canadians — the recession is long over and growth will continue this year, say the country's top economists, despite a survey that has found that most Canadians believe the economy is still in a downward spiral.

The chief economists of Canada's big five banks gave their predictions for moderate Canadian growth Thursday at a panel discussion sponsored by the Economic Club of Canada.

THE CANADIAN PRESS

38% The poll found that only about 38 per cent of respondents feel the Canadian economy will improve in the next few months.

For more business stories visit metronews.ca/edmonton/business.



Microsoft not crashing Apple's pad

► New tablets expected from Motorola, Dell and Toshiba, but not from Microsoft

Instead of unveiling an elegant response to the iPad, Microsoft came to the tech industry's premier gadget show with a collection of exposed computer guts, news about microchips and a shallow preview of yet another Windows.

The uninspiring performance served as a reminder that the world's largest software maker remains years from a serious entry into the tablet craze, raising more doubts about whether Microsoft

will ever be able to grab a meaningful piece of this fast-growing segment.

CEO Steve Ballmer mostly lingered on what went right last year when he gave the company's customary keynote on the eve of the International Consumer Electronics Show on Wednesday. He had his share to boast about. Xbox 360 and the Kinect motion-sensing controller that's racked up more than \$1 billion US in sales in just two months, a ground-up over-

Apps for Mac

Apple is expanding the "app store" idea that caught fire on the iPhone and iPad to its line of Mac computers.

► Mac users who have the latest version of Apple's computer operating system, called Snow Leopard, will be prompted to update their software starting Thursday.

► When the upgrade is com-

plete, an icon for the new Mac app store will appear in the dock.

► After launching the store software, people can browse through more than 1,000 programs for Macs. Some are free, and some will cost money.

► As with the existing app stores for Apple's other gadgets, people can see lists of the most popular programs and rate software they purchase.

haul of the Windows smartphone software and rapid adoption of Windows 7 on PCs are all real successes.

Still, it's hard for anyone to applaud Microsoft without noting the threats posed by the growing popularity of Apple Inc.'s iPad.

Last year, Apple's market capitalization surpassed Microsoft's, making Apple the second-largest U.S. public company after Exxon Mobil Corp. THE ASSOCIATED PRESS

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Provinces lag in economic recovery

A new TD Bank analysis points to some striking weaknesses in Canada's otherwise impressive post-recession jobs recovery.

The TD report shows Canada had a pretty good year in terms of employment growth in 2010, particularly compared with the low expectations going into 2011.

But although overall the economy has more than recouped the 417,000 jobs that vanished during the recession, not all

provinces have benefited equally. Four provinces — Ontario, Alberta, Nova Scotia and New Brunswick — are all still below pre-slow job levels.

The TD study also points out that Canada's labour market is not as strong as its job creation numbers suggest, with

many more workers being listed as underemployed in part-time jobs or as self-employed. Wage growth has also been minimal and TD says the participation rate — the number of workers as a percentage of the population — remains below pre-recession levels.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
 - 84.32 (13,311.67)	 - 0.05¢ (100.36¢ US)	 - \$1.92 US (\$88.38 US)	 1,000 cu ft \$4.54 (+ 10¢) Gold contracts \$1,371.70 (- \$2.00)

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► Tommy Europe

5 MINUTES WITH: TOMMY EUROPE

Fitness coach Tommy Europe, a former CFL defensive back and host of The Last 10 Pounds Bootcamp and Bulging Brides, is devoted to getting people healthy. He chatted with Metro about how best to stick with New Year's resolutions to get fit.

What are the biggest reasons people don't follow through with their well-intentioned plans to get fit in the new year?

Because they're too unrealistic. If (they) don't (see instant results), they get disappointed and it sets them back even further. It's a process. It's about im-

proving over the year. **Do you have any simple tips on how to keep people motivated?**

Challenge yourself to complete (individual) tasks. Mini goals along the way keep things attainable. Find out whatever motivation techniques work for you. And anything you want to stick to, make sure you put it on paper. **What is the biggest mistake people make when they start a new regimen?**

Too much, too fast. If you've been inactive for five years, to think that in a month you're going to be back in shape, you're

dreaming. It's going to take work, and it depends on what your activity level was like before. Some people will lose a lot initially, some people will take a while. Don't do something crazy like picking the hardest workout out there. Get a trainer just for a couple sessions. That's the only way you're going to get an idea of where you're coming from and what workouts will be beneficial for you. Have a variety of things (to do) and if you don't know what to do ... ask. **How long should people expect to wait before they see**

results?
If somebody is very diligent ... and they are doing cardio and eating the right things, within a month they will notice some positive changes.

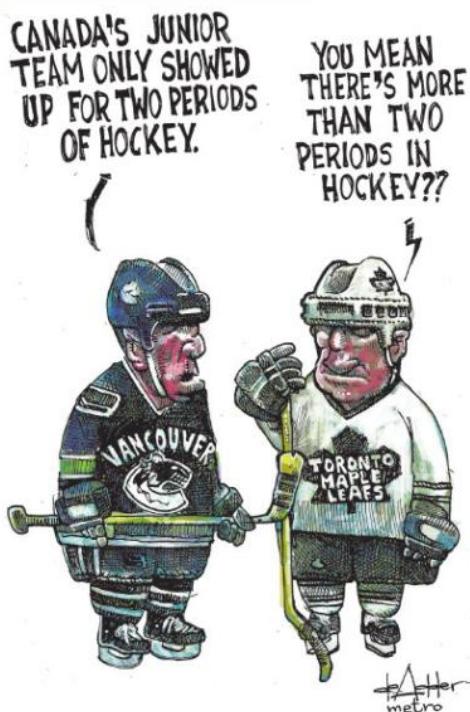
Any advice for people who like to exercise but hate the gym?

Do body weight exercises at the beach (or) at home. Work with resistance bands (at) parks and use the playgrounds. Pick up an outdoor activity like snowshoeing and cross-country skiing. It's really limitless. You don't need a gym.

● KRISTEN THOMPSON

Cartoon

MICHAEL DE ADDER



An emotional turnoff

Worth mentioning

If a crying woman's red nose isn't a big enough turnoff to a man, a surprising experiment found another reason: Tears of sadness may temporarily lower his testosterone level.

Those tears send a chemical signal as the man gets close enough to sniff them — even though there's no discernible odour, say researchers from Israel's Weizmann Institute of Science.

It's the first such signal to be found in tears, and it's probably not unique to women. Theirs just were the first to be studied.

"It's hard to get men to volunteer to cry" in a lab,

Waterworks



noted Weizmann neurobiologist Noam Sobel, senior author of the study appearing in Friday's edition of the journal Science.

Emotional tears are chemically different from the reflex tears that form when you get dust in your eye. But biologists have long puzzled over the true function of emotional

tears: Are they merely cathartic, or do they have some other physiological role?

"We have never looked at tears in this way before," said Dr. Esen Akpek of Johns Hopkins University's Wilmer Eye Institute, who wasn't involved with the new study. "This is really interesting." THE ASSOCIATED PRESS

What's your view of the Canadian junior team's loss?

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Metro Minute at Deep Freeze Festival

You can't beat winter, so join it Saturday and Sunday at the third annual Deep Freeze Festival.

Taking place at various venues along 118 Avenue between 92 and 94 streets, the Deep Freeze Byzantine Winter Festival ushers in the new year on Alberta Avenue in one of the city's historic neighbourhoods.

This year's theme is the Magical Kingdom Of Tom-

foolery, so bundle up the whole family and welcome 2011 while enjoying favourite winter outdoor activities like skating, horse and wagon rides, Old Tyme Curling, snow carving and street hockey. Sunday will feature a cabane à sucre, or sugar shack, with maple syrup treats.

Admission is free.

● METRO

Three days to play

DID YOU MAKE A NEW YEAR'S RESOLUTION? IF SO, IS IT ALREADY BROKEN?



Kyra Kubrak

EDMONTON

No, I didn't because it seems silly to make all these decisions one day of the year.



Kyle Maksymuk

EDMONTON

No, because I feel like I break them if I make them.



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Not strong enough

● Richard Crouse and Mark Breslin debate the merits of *Country Strong*
 ● Paltrow gets bogged down with a necklace, while Hedlund steals the show

Richard Crouse: The first line of *Country Strong*'s catchiest song, *Give Into Me*, is "I'm gonna wear you down," and sure enough the movie did wear me down in the last 30 minutes. For the first hour or so I thought the film had as much authentic country spirit as a Muzak version of a Hank Williams song, but it finally won me over.

Mark Breslin: Really? It never won me over, it just got worse as it ambled from cliché to cliché. Did we really need a remake of *Crazy Heart*? Although I must admit that Gwyneth looks better in a short skirt than Jeff Bridges ever could.

RC: I admit the script is thick enough with clichés to choke Roy Rogers's horse and it has

Plot synopsis

In *Country Strong* Gwyneth Paltrow plays Kelly Canter, a troubled country music superstar whose husband (Tim McGraw) pulls her out of rehab to plot her comeback tour. While getting clean she befriends orderly Beau (Tron: Lega-

cy's Garrett Hedlund) who also, conveniently, happens to be a musician. Beau ends up sharing the tour's opening slot with beauty-queen-turned-singer Chiles Stanton (*Gossip Girl's* Leighton Meester), and all four end up sharing more than just music and road stories.

the blandest direction this side of *Hee Haw*, but I was won over by Garrett Hedlund. He walks away with the movie, stealing it outright from Gwyneth Paltrow, who can't be down home no matter how hard she tries.

MB: You're right about Hedlund. And I actually didn't mind Tim McGraw. But it's Gwyneth's movie to win or lose, and she's horribly miscast. Why not Faith Hill? Or get a Judd — a nice scene with a Make-A-Wish child and a drunken

kind of rehab facility lets you wear a half million dollars of bling as you kick alcohol?

RC: That necklace bugged me too! I get not taking off the giant wedding ring, but no matter what she was doing — throwing up in a garbage can, staggering around backstage — I was distracted by the glitter around her neck. She has a couple of moments though — a nice scene with a Make-A-Wish child and a drunken

backseat conversation with Chiles — but the character is so thinly written there's very little for her or the audience to hang onto.

MB: Sorry, but I found that the scene with "Leukemia Kid" was the most exploitative part of the movie. I did like her advice scene with her young rival, which played out quite realistically for me. But the script was so full of inadvertent howlers that the flick will do for country music what *Showgirls* did for lap dancing.

RC: It is manipulative, too long and while I liked it more than you, I thought that despite its downbeat subject matter — the flip-side of fame, alcoholism and jilted love — it wasn't quite authentically hurtin' enough to qualify as real country.



News in brief



De Niro will head the jury at this year's Cannes Film Festival.

The veteran American actor and director will lead a nine-member jury for the May 11 to 22 festival on the French Riviera.

De Niro's charisma may provide a Hollywood boost to Cannes. Last year's event was lighter than usual on star power and featured a line-up that left many critics unimpressed.

The Thai film *Uncle Boonmee Who Can Recall His Past Lives* won the top honour at the 2010 festival.

THE ASSOCIATED PRESS



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On-screen intimacy 'just happened'

► Ryan Gosling and co-star Michelle Williams heat up the screen in *Blue Valentine* ► Drama has garnered much acclaim from critics

Oscar worthy?

- Ryan Gosling and Michelle Williams recently landed Golden Globe nominations, and many are also predicting Oscar nods for their roles in *Blue Valentine*.
- Gosling plays Dean, the sweet, sensitive and unambitious house-painter husband to Cindy (Faith Wladyka), a stressed-out nurse who wants more out of life. Faith Wladyka plays their young daughter, Frankie.
- Through flashbacks and flash forwards, we see the couple in two stages: during a charming courtship and then several years later when they're frustrated, fighting parents.

In the marital drama *Blue Valentine*, which opens in Toronto on Friday, Ryan Gosling and Michelle Williams bring an astoundingly authentic feel to their characters as they fall in and out of love.

Their on-screen chemistry is so raw that — even though their sex scenes aren't that explicit — the Motion Picture Association of America initially put an NC-17 rating on the film.

It recently downgraded that to an R rating on appeal (in Ontario the rating is 18A, in B.C. and Saskatchewan it's 14A and in Quebec it's 13+).

Gosling, who was born in London, Ont., says he and Williams studied pictures of real couples to

12
Writer-director Derek Cianfrance spent 12 years working on *Blue Valentine*, which was inspired by his longing to understand how time can change relationships. "I feel like it was always the film that I was born to make," said Cianfrance, who lives in Brooklyn, N.Y.

help build their characters' bond, but they didn't overthink their physical intimacy going in to filming.

"The physical stuff, it just happened, I don't really know how," he ex-

plained in an interview at September's Toronto International Film Festival, where *Blue Valentine* screened to much acclaim.

"It's a love story, you know, and physical intimacy is a part of that and we were trying to capture that in a way that was not gratuitous or trying too hard to be sexy or something."

"We collected a lot of photographs, actually, photographs that we thought were snapshots of people's lives, of couples that were together that weren't staged, that were just private photographs of people that were trying to get that kind of an intimacy."

THE CANADIAN PRESS



► Ryan Gosling.

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CITY CENTRE 9 CINEMAS
10200 102nd Ave., 780-421-7020**The Chronicles of Narnia: The Voyage of the Dawn Treader** (PG) Digital Presentation, Stadium Seating Fri-Thu 12:40-3:40-6:40-9:40**The Fighter** (14A) DTS Digital, Stadium Seating Fri-Thu 12:30-3:30-6:30-9:30**How Do You Know** (PG) DTS Digital, Stadium Seating Fri-Tue 12:55-3:55-6:55-9:55 DTS Digital, Stadium Seating Wed 12:55-3:55-9:55 DTS Digital, Stadium Seating Thu 12:55-3:55-6:55**The King's Speech** (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 12:3-7:30**Little Fockers** (PG) DTS Digital, Stadium Seating Fri-Thu 12:25-2:25-5:25-7:55-10:25**National Theatre: Fela!** (STC) Stadium Seating Thu 8:30**Season of the Witch** (14A) Dolby Stereo Digital Fri-Thu 12:10-2:35-5:10-7:35-10:10**The Tourist** (PG) DTS Digital, Stadium Seating Fri-Wed 12:05-2:05-5:15-7:50-9:30 DTS Digital, Stadium Seating Thu 12:05-2:40-10:20**Tron: Legacy 3D** (PG) Digital Presentation, Stadium Seating Fri-Thu 12:20-3:20-7:05-10:05**True Grit** (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 12:15-3:15-7:15-10:15**CLAREVIEW 10 CINEMAS**
4211 139th Ave., 780-472-7600**The Chronicles of Narnia: The Voyage of the Dawn Treader 3D** (PG) Fri 3:40-6:30-9:30 Sat-Sun 1:30-4:30-6:30-9:30 Mon-Thu 4:40-7:45**The Fighter** (14A) Fri 4:20-7:40 Sat-Sun 1:30-4:20-7:40 Mon-Thu 5:25-8:15**Harry Potter and the Deathly****Horrows: Part 1** (PG) Fri 4:50-8:30 Sat-Sun 1:45-8:30 Mon-Thu 4:45-7:50**How Do You Know** (PG) Fri-Sun 9:20 Mon-Thu 8:10**Little Fockers** (PG) Fri 4:30-7:20-9:50 Sat-Sun 1:50-4:30-7:20-9:50 Mon-Thu 5:40-8:30**Season of the Witch** (14A) Fri 4:40-7:15-9:45 Sat-Sun 1:45-4:40-7:15-9:45 Mon-Thu 5:45-8:35**Tangled** (G) Fri 4:15-5:50 Sat-Sun 1:40-4:15-6:50 Mon-Thu 5:20**The Tourist** (PG) Fri 4:10-6:35-9:15 Sat-Sun 1:25-4:10-6:35-9:15 Mon-Thu 5:20-8:05**Tron: Legacy 3D** (PG) Fri 4:50-6:45-9:35 Sat-Sun 1:25-3:20-5:30-6:45-9:35 Mon-Thu 5:8**True Grit** (14A) Fri 4:40-6:40-9:30 Sat-Sun 1:10-4:60-9:30 Mon-Thu 5:20-8:20**Yogi Bear 3D** (G) Fri 4:25-7:30-9:25 Sat-Sun 2:45-7:10-9:25 Mon-Thu 4:50-7:40**GARNEAU THEATRE**

8712 - 109 St., 780-433-2212

Black Swan (14A) Fri 6:50-9:10 Sat-Sun 2:6-5:30-9:10 Mon-Thu 6:50-9:10**METRO CINEMA**

Zeidler Hall, Citadel Theatre Complex, 9828-101 Ave., 780-425-9212, metrocinema.org

Listings not available at press time.

MOVIES 12

5074 130 Ave., 780-472-9779

Alpha and Omega 3-D (G) Fri-Thu 1:20-3:45**Burlesque** (PG) Fri-Thu 1:30-4:05-6:55-9:25**Faster** (14A) Fri-Thu 1:25-3:07-3:35-9:50**Jackass 3D** (R) Fri-Thu 7:30-10**Life as We Know It** (PG) Fri-Thu 1:50-4:25-7:15-9:55**Love & Other Drugs** (18A) Fri-Thu 1:45-4-

► The test of wills between Robert DeNiro and Ben Stiller escalates to new heights of comedy in *Little Fockers*

6:50-9:15

Megamind 3D (G) Fri-Thu 1:10-3:50-6:45-9:10**Morning Glory** (PG) Fri-Thu 1:05-3:55-7:20-9:45**The Next Three Days** (PG) Fri-Thu 4:20-9:30**Red** (14A) Fri-Thu 1:15-4:10-7:50-9:40**Secretariat** (G) Fri-Thu 1:40-7**The Social Network** (PG) Fri-Thu 1:35-4:10-7:05-9:35**Tees Maar Khan** (PG) Fri-Thu 1:30-6:30-9:20**Unstoppable** (PG) Fri-Thu 1:55-4:35-7:25-10:15**NORTH EDMONTON CINEMAS**

14231 137th Ave., 780-732-2236

Black Swan (14A) Fri-Thu 12:30-3:30-6:45-9:30**The Chronicles of Narnia: The Voyage of the Dawn Treader 3D** (PG) Fri-Tue

12:50-3:40-6:40-9:20 Wed 12:50-3:40-10:10

7:50-9:45 Sat-Sun 12:50-9:10 Mon-Thu 5:45-8:35

Country Strong (PG) Fri-Tue 1:4-7:10-10:20

4:7-10:10 Thu 1:4-7:10-10:20 Star & Strollers Screening Wed 1

Harry Potter and the Deathly**Horrows: Part 1** (PG) Fri-Thu 1:30-4:50-8:15**The King's Speech** (PG) Fri-Thu 12:40-3:20-6:30-9:15**Little Fockers** (PG) Fri-Tue 1:50-5:45-10:25

Wed 5:45-10:25 Thu 1:50-5:45-10:25 Star & Strollers Screening Wed 1

The Metropolitan Opera: La Fanciulla del West (STC) Sat 11**La Phil Live: Dudamel Conducts Beethoven** (STC) Sun 3**Season of the Witch** (14A) Fri-Thu 2:10-5:10-8:10

9:10 Sun-Tue 1:15-4:10-7:15-10:10 Wed 4:10-7:15

A Star Is Born (STC) Wed 6:30**Tangled 3D** (G) Fri-Thu 1:20-3:50-7:15-9:40**The Tourist** (PG) Fri 1:45-3:30-7:40-10:20 Sat 4:30-7:40-10:20 Sun 1:45-7:40-10:20 Mon-Thu 4:45-7:40-10:20**Tron: Legacy** (PG) Fri-Thu 1:15-4:10-7:20-10:15**True Grit** (14A) Fri-Thu 1:10-4:15-7:9:45**Yogi Bear 3D** (G) Fri-Sun 12:20-4:20-6:30-9:30 Mon-Thu 2:45-7:15-10:15**PRINCESS I & II**

10337 Whyte Ave., 780-433-0728

127 Hours (14A) Fri 7:9 Sat-Sun 2:30-7:9 Mon-Thu 7:9**Made in Dagenham** (14A) Fri 6:50-9:10 Sat-Sun 2:50-9:10 Mon-Thu 6:50-9:10**SCOTIABANK THEATRE WEST MALL**
8882 170th St., 780-444-2400**The Chronicles of Narnia: The Voyage of the Dawn Treader 3D** (PG) Fri-Sun

12:30-3:20-6:40-9:30 Mon-Thu 11:54-6:40-9:30

Country Strong (PG) Fri-Sun 12:50-3:07-5:07-9:50 Mon-Thu 11:54-7:50-9:50**The Fighter** (14A) Fri-Thu 1:50-4:50-7:10-10:30**Gulliver's Travels 3D** (PG) Fri-Sun 12:20-2:20-4:20-6:50-9:10 Mon-Wed 2:10-4:40-6:50-9:10 Thu 2:10-4:40-6:50-9:10**Harry Potter and the Deathly****Horrows: Part 1** (PG) Fri-Sun 12:30-3:15-6:30-9:10 Mon-Thu 1:40-4:20-7:30-10:10**Little Fockers** (PG) Fri-Tue 1:40-4:15-7:10-9:40

Wed 4:45-7:45-10:10 Sun 1:40-4:20-7:10-9:40 Star & Strollers Screening Wed 1

The Metropolitan Opera: La Fanciulla del West (STC) Sat 11**National Theatre: Fela!** (STC) Thu 8

10 Thu 1:15-4:10-10:10 Star & Strollers Screening

Wed 1

Tron: Legacy (PG) Fri-Thu 1:30-4:30-7:30-10:30**True Grit** (14A) Fri-Thu 1:45-4:10-7:10-10:15**Yogi Bear 3D** (G) Fri-Sun 12:20-3:20-5:30-8:30 Mon-Thu 2:45-7:45-10:10**SOUTH EDMONTON COMMON**

1525 99th St., 780-436-8585

Black Swan (14A) Fri-Sat 12:24-5:15-8:10-10:45

Sun-Thu 1:55-4:30-7:30

The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Fri-Sun

11:40-2:25-5:25-7:45-10:30 Sun-Wed 1:30-4:10-7:10-9:45

Country Strong (PG) Fri-Sat 11:45-2:30-5:15-7:45-10:45

Sun-Mon 1:30-4:20-7:05-9:45

True Grit (14A) Fri-Sun 12:50-3:5-8:25-11 Sat 12:30-15-6:25-9:11 Sun-Wed 1:45-4:15-7:9:30

Thu 1:45-4:15-7:10-10:10

Yogi Bear (G) Fri-Sat 12:30-2:30-4:30-6:30 Sun-Thu 1:35**Tron: Legacy** (PG) Fri-Sat 8:30-11:15 Sun-Thu 7:45-9:45 Thu 7 Fri-Sat 11:30-2:20-5:10-8:10-10:45 Sun-Thu 1:15-4:45-7:10**True Grit** (14A) Fri-Sat 12:50-3:5-8:25-11 Sat 12:30-15-6:25-9:11 Sun-Wed 1:45-4:15-7:9:30

Thu 1:45-4:15-7:10-10:10

Yogi Bear (G) Fri-Sat 12:30-2:30-4:30-6:30 Sun-Thu 1:35**Tron: Legacy** (PG) Fri-Sat 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Yogi Bear** (G) Fri-Sun 12:30-2:30-4:30-6:30 Sun-Thu 1:15-4:15-7:10-10:10**Tron: Legacy** (PG) Fri-Sun 8:30-11:15 Sun-Thu 7:45-9:45 Sun-Thu 1:15-4:45-7:10-10:10**True Grit** (14A) Fri-S

Canadian albums make Top 10

► Bieber's debut LP ranked fourth in the U.S. ► Drake came in at No. 8

Mix of Six

Music

Benefit Concert for Wawa Wasi, featuring Maria Dunn

Wawa Wasi is a UNICEF-sponsored network of home-based daycares in Peru that allows parents a safe and educational place to leave their young children while working.

Fri., 7:30 p.m.
Expressionz Cafe
5938-70th Ave.

Boogie Patrol and Guests

This band has created a serious reputation for themselves by combining jaw-dropping guitar solos with a "boogielicious" rhythm section.

Friday, 9:30 p.m.
LB's Pub
23 Akin Dr., St Albert

Tatam Reeves, with Mike Dunn

Straight from the heart, Tatam intertwines unique acoustic guitar sounds and memorable vocal melodies.

Sat., 4 p.m.

Filthy McNasty's
10511A Whyte Ave.

Daniel Moir and Greg Amundson

Inspired by personal experiences ranging from a rocky childhood to vagabonding through Europe, Daniel creates a blend of folk music that shines wisdom far beyond his years.

Sat., 7:30 p.m.
Marybeth's Coffee House
5001-30th Ave., Beaumont

Sue Decker

Sue Decker's original songs and haunting voice are reminiscent of a by-gone time, drawing on her pilgrimages to the mecca of Bluegrass music in the Appalachians.

Sat., 8 p.m.
Axis Cafe
10349 Jasper Ave.

DeSousa Drive, with Radioflyer and Scantly Clad & The Well Dressed Men

DeSousa Drive performs songs about life's ups and downs, while exposing some of the bands inner demons and struggles.

Fri., 9 p.m.
Starlite Room
10030-102 St.

COURTESY OF YEGLIVE.CA



JOHN ANIS/THE CANADIAN PRESS/AP

Canadians Justin Bieber and Drake had two of the bestselling albums in the U.S. in 2010.

According to numbers released by Nielsen SoundScan and Billboard, Bieber's debut LP, *My World 2.0*, was the fourth bestselling album last year, moving more than 2.3 million units.

Drake, meanwhile, sold nearly 1.3 million copies of his debut, *Thank Me Later*, to place eighth on the list.

Eminem's *Recovery* was first with roughly 3.4 mil-

lion units sold, followed by Lady Antebellum's *Need You Now* and Taylor Swift's *Speak Now*.

Montreal rockers *Arade Fire* weren't left out either — their third album, *The Suburbs*, was the 10th bestselling digital album (with sales of 241,000). It also placed second among vinyl best-sellers with nearly 19,000 records sold, trailing only the Beatles' *Abbey Road*.

Canadian sales data was not immediately available.
THE CANADIAN PRESS

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5 lb - \$28.99

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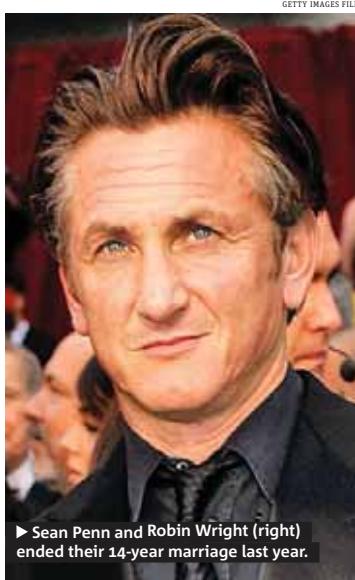
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Wright's love did cost a thing: Penn



► Sean Penn and Robin Wright (right) ended their 14-year marriage last year.



Penelope's bro and Eva an item?

Eva Longoria is reportedly rebounding from her split from husband Tony Parker, according to OK! Magazine. The Desperate Housewives star has been on several dates with singer, Eduardo Cruz, Penelope Cruz's younger brother, sources say.

And while Longoria's publicist says the two are

just friends, he's reportedly been a regular at her home lately.

"He's there at least three nights out of every four," a source says.

"He turns up and he leaves the next morning. They are trying desperately to stay beneath the radar."

● METRO



► Eva Longoria

SOUTHLAND SEASON 3

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Talking points

Suri's got some style

PEOPLE Katie Holmes admires that daughter Suri Cruise is becoming quite the little fashionista. "The other day... she said, 'I want to go there,' pointing at another store quite a distance away," Katie says. "In that store was the dress that she wanted. I said, 'Wow, Suri. You're something. You picked that out from a football field away.'

● METRO

Three's a crowd for Aguilera

PEOPLE Christina Aguilera's home has been an awkward place, as soon-to-be ex-husband Jordan Bratman is reportedly just moving out now, according to TMZ. That means Bratman, Aguilera and Aguilera's new boyfriend, Matthew Rutler, have all been living under the same roof, according to sources. "Thank God Jordan is moving out," a source says. "It was getting really awkward, but Christina was letting Jordan stay for the sake of Max."

● METRO

Was Lindsay drunk?

The Palm Desert Police Department are allegedly claiming that Lindsay Lohan was intoxicated during her pre-Christmas altercation with a Betty Ford Center employee, violating her parole further, according to TMZ. But Lohan's lawyer, Shawn Chapman Holley, is quick to

shoot down the allegations.

"I had numerous conversations with Betty Ford counselors and doctors over the course of Lindsay's treatment there and it was never suggested by anyone that she ever drank or used drugs," Holley says.

● METRO



Steve Martin @SteveMartinigo It seems that Americans say Hokey-Pokey, and Brits say Hokey-Cokey. Hence, revolutionary war.



Kristen Bell @IMKristenBell don't take anything personally. AND if it doesn't matter in 5 years... It doesn't matter!



Christina Applegate @caplegate No longer in my pregnancy do I just "go" somewhere. I "schlep" there. It's a constant Schlep. But it's all good.



Conan O'Brien @ConanOBrien I forgot to bring a beard trimmer on vacation and my mustache is growing into my mouth. It is not unpleasant.

● METRO

A colourful and flavourful vegan stew – imagine that

► Meatless cuisine had a bad rap as lacking, until this Mediterranean meal came along

Vegan food has a bad reputation among meat eaters.

It's typically portrayed as bland or somehow lacking bold flavours.

However, this stew is anything but. It is flavourful, colourful and full-bodied.

It doesn't require a trip to the natural foods store. It doesn't even contain any soy or vegetable meat-wannabe products. Vegan food is a celebration of produce, as is this stew.

Preparation:

1 In a large saucepan over medium, heat the olive oil. Add the garlic, shallots and onions and sauté until soft and translucent, about 6 to 7 minutes.

2 Add tomatoes, broth, rosemary and barley, then bring to a simmer. Cover and continue to cook until barley is tender, about 50 minutes, stirring occasionally to prevent sticking.

3 Stir in the roasted red peppers, baby spinach, olives and water. Cook until the spinach is wilted, about 2 minutes. Season with salt and black pepper.

THE ASSOCIATED PRESS

Ingredients :

- 30 ml (2 tbsp) olive oil
- 3 cloves garlic, minced
- 2 shallots, finely chopped
- 2 yellow onions, diced
- 796-ml (28-ounce) can chopped tomatoes, preferably fire-roasted
- 1 litre (4 cups) vegetable broth
- 2 sprigs fresh rosemary, minced
- 375 ml (1 1/2 cups) pearl barley
- 341-ml (12-oz) jar roasted red peppers, drained and cut into strips
- 140 g (5 oz) fresh baby spinach
- 125 ml (1/2 cup) castelvetrano olives, pitted and sliced
- 250 ml (1 cup) water
- Salt and ground black pepper, to taste



► This vegan stew features veggies and barley.

3 life

Fresh food tips



Did you know that North Americans throw away nearly half of their food, uneaten?

Sue Mah, a registered dietitian, has a few tips to help you keep your groceries fresh for longer.

• Keep apples in the fridge in a perforated plastic bag. Apples left at room temperature will soften 10 times faster.

• Wrap washed and dried lettuce leaves in damp paper towels.

• Keep milk and eggs in the coldest part of the fridge, not on the door.

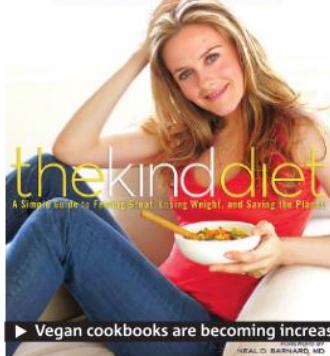
• Store raw meat on the bottom shelf of the fridge.

• Keep whole wheat flour, brown rice and ground flax in the fridge to help them last longer.

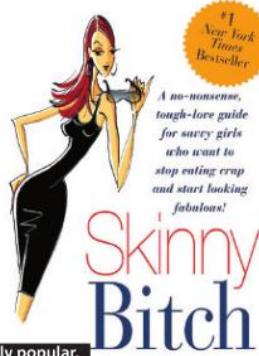
NEWS CANADA

Veganism goes mainstream

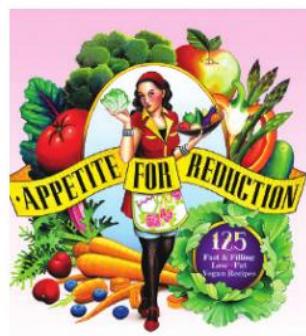
alicia silverstone



► Vegan cookbooks are becoming increasingly popular.



by Rory Freedman and Kim Barnouin



ISA CHANDRA MOSKOWITZ
BEST-SELLING AUTHOR OF VEGANOMICON

Vegan facts

Abstaining from animal products is a practice found in many cultures. But veganism struggles for traction in meat-loving North America. Here's some facts about its increasing popularity.

Ethical vegans

Ethical vegans have a moral aversion to harming animals for human consumption.

Cookbooks

Vegan cookbooks are coming out at a fast rate. Da Capo Press' 20 vegan cookbooks in print include one on vegan soul food. There's one of vegan recipes containing alcohol, and The Tipsy Vegan, is upcoming.

Restaurant trend

More than half the 1,500 chefs polled by the National Restaurant Association for its new What's Hot in 2011 list included vegan entrees as a hot trend. Vegan entrees came in at No. 71 out of 226 trends, beating out organic beer.

You've come a long way, vegan.

Once mocked as a fringe diet for sandal-wearing health food store workers, veganism is moving from marginal to mainstream.

The vegan Skinny Bitch diet books are bestsellers, vegan staples, such as tempeh and tofu, can be purchased at any supermarket, and some chain restaurants eagerly promote their plant-only menu items.

Today's vegans are urban hipsters, suburban moms, college students

and even professional athletes.

"It's definitely more diverse. It's not what you would picture 20 years ago, which is kind of hippie, crunchy," said Isa Chandra Moskowitz, author of vegan cookbooks like the new Appetite for Reduction.

She says it's easier being a vegan now because there is more local produce available.

"It's not just steamed vegetables anymore and brown rice and lentils," she said.

Veganism is essentially hard-core vegetarianism.

While a vegetarian might butter her bagel or eat a cake made with eggs, vegans shun all animal products: No meat, no cheese, no eggs, no honey, no mayonnaise.

In a 2009 survey, advocates at the not-for-profit Vegetarian Resource Group reported about one per cent of Americans are vegan, roughly a third of the people who reported being vegetarians.

Even former heavyweight champion Mike Tyson has talked up his vegan diet.

Actress Alicia Silverstone

THE ASSOCIATED PRESS



Muesli and apple-rhubarb compote with yogurt makes an irresistible breakfast

4
sports

Quoted



"Pete's a great guy. I think we have the same outlook and passion for the game. In speaking with him, he's very motivated as well."

MIKE WEIR,
ON HIS NEW CADDIE
PETE BENDER



Scan code for more sports.

Champs. The day after



► Russia's Artemi Panarin, right, talks with teammates relaxing in a hot tub at a hotel across the street from the Buffalo airport on Thursday.

THE ASSOCIATED PRESS

Partying leaves Russians grounded in Buffalo hotel

Russia's gold-medal celebration went into overtime. And that prevented them from boarding their flight Thursday morning, a day after they won the world junior hockey championship.

About 30 members of the Russian contingent were asked to get off a Delta Air Lines flight for being unruly after boarding for takeoff early Thursday morning, an airport spokesman said.

The team was "sleeping it off" at a hotel Thursday afternoon, a person at the front desk of the Days Hotel near the airport said.

Oilers bust out of skid with win

- Edmonton catches a break when referee blows early whistle on Islander goal in third period
- Penalty killers come through during a lengthy 5-on-3 situation with five minutes left in game

Dustin Penner had a goal and an assist as the Edmonton Oilers edged the New York Islanders 2-1 to snap a seven-game losing streak Thursday night.

Gilbert Brule also scored for the Oilers (13-19-7), who have just two wins in 11 games and were in the midst of their worst skid since an epic 13-game slide

2	1
OILERS	ISLANDERS

from Dec. 31 to Jan. 30 of last season.

The Islanders (12-20-6),

lost for the first time in four games and fell three points behind the Oilers for 28th in the overall standings.

Oilers starter Devan Dubnyk was tested early as the Islanders' first shot of the game less than two minutes in was a breakaway. But the Edmonton goalie stopped Michael Grabner.

Edmonton took a 1-0 lead 3:22 into the first when Andrew Cogliano's shot went wide but bounced off the boards back in front to Brule, who slipped the puck past New York goalie Nathan Lawson.

Penner put Edmonton ahead 2-0 two minutes later. He beat two defenders for a partial breakaway

while shorthanded, then scored on Lawson with a backhand shot. Lawson was then replaced by Kevin Poulin after allowing two goals on just three shots.

Blake Comeau put the Islanders on the board on a Rob Schremp-assisted goal with eight minutes remaining in the second.

THE CANADIAN PRESS

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	42	26	12	2	2	136	97	56	14-7-1	12-5-1	5-3-0	L1
d-Tampa Bay	41	24	12	3	2	123	130	53	12-3-1	12-9-2	7-2-0	L1
d-Boston	39	21	12	1	5	111	88	57	9-7-1	12-5-0	5-3-0	L1
Philadelphia	40	25	10	2	3	135	106	55	12-6-0	12-4-2	7-3-0	W2
Washington	41	23	12	3	3	120	107	52	14-4-2	9-8-1	5-2-1	L1
Atlanta	43	22	15	2	4	134	127	50	11-7-1	11-8-1	5-4-1	W2
NY Rangers	41	23	15	2	1	121	104	49	10-9-1	13-7-1	6-2-1	W1
Montreal	41	22	16	3	0	102	97	47	13-5-3	9-11-0	4-5-1	L1
Carolina	39	18	15	2	4	112	117	42	8-7-1	10-8-1	5-3-2	L2
Florida	38	18	18	1	1	104	98	38	8-7-1	10-11-0	5-3-1	L1
Buffalo	39	16	18	5	0	108	118	37	9-10-1	7-8-4	4-5-1	L1
Ottawa	40	16	19	4	1	109	121	37	9-11-1	7-8-3	4-3-3	L3
Toronto	39	15	20	2	2	96	118	34	9-10-2	6-10-0	4-6-0	W1
NY Islanders	38	12	20	3	3	90	122	30	7-7-2	5-13-2	7-2-0	L1
New Jersey	40	10	28	1	1	71	128	22	6-13-1	4-15-0	1-9-0	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	39	26	8	3	2	134	96	57	14-3-1	12-5-2	9-9-1	W7
d-Detroit	40	25	10	4	1	138	113	55	13-5-3	12-5-1	5-3-2	W1
d-Dallas	41	24	13	1	3	118	155	52	12-6-2	12-7-0	6-3-0	W1
San Jose	40	21	14	4	1	118	112	47	10-6-2	11-8-2	6-4-0	L1
Colorado	41	21	15	5	0	136	130	47	11-9-2	10-7-3	4-5-1	L1
Nashville	39	20	13	4	2	99	94	46	9-4-3	11-9-1	5-5-0	W3
St. Louis	39	20	13	2	4	106	110	46	14-5-2	6-8-2	6-3-1	L2
Phoenix	40	19	13	5	3	112	115	46	8-5-2	11-8-3	5-4-1	W2
Anaheim	43	21	18	2	2	120	125	46	13-7-0	8-11-2	5-5-0	L1
Los Angeles	39	22	16	1	0	116	96	45	13-5-10	9-11-0	5-5-0	L4
Minnesota	40	20	15	1	4	103	114	45	10-9-0	12-7-0	7-2-0	W3
Chicago	42	21	18	2	1	128	118	45	12-10-0	9-8-2	5-5-0	L1
Columbus	40	20	17	2	1	103	118	43	11-9-1	9-8-2	4-6-0	L2
Calgary	41	18	20	1	2	108	138	39	11-0-0	7-12-2	5-5-0	L2
Edmonton	39	13	19	1	6	100	132	33	7-11-2	6-8-3	2-6-2	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; a team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Minnesota 3	Boston 1
Toronto 6	St. Louis 5
Philadelphia 4	New Jersey 2
Montreal 2	Pittsburgh 1
Phoenix 2	Colorado 0
Edmonton 2	NY Islanders 1
Nashville at Los Angeles	
Buffalo at San Jose	
Wednesday's results	
Vancouver 3	Calgary 1
Atlanta 3	Florida 2
Dallas 4	Chicago 2

CANADIENS 2, PENGUINS 1 (SO)

First Period

1. Pittsburgh, Asham 5 (Lovejoy, Goligoski)
Penalties — None.

Second Period

2. Montreal, Pouliot 8 (Darche, Desharnais) 12:28

Penalties — Subban Mt1 (roughing) 3:23, Lovejoy Pgh (tripping) 8:31.

Third Period — No Scoring.

Penalties — Kostitsyn Mt1 (tripping) 0:32, Kennedy Pgh (inference) 2:38, Goligoski Pgh (hooking) 9:40, Johnson Pgh (delay of game) 9:59, Martin Pgh (delay of game) 11:56.

Overtime — No Scoring.

Shootout — Montreal wins shootout 1-0

Montreal (1) — Cannaderi, miss; Subban, miss; Giunta, miss; Kostitsyn, miss; Pouliot, goal

Pittsburgh (0) — Letang, miss; Dupuis, miss; Malkin, miss; Letestu, miss; Kunzit, miss.

Shots

Montreal 5 13 4 1-23

Pittsburgh 13 7 11 0-32

Goal — Montreal: Price (W, 20-1-3); Pittsburgh: Johnson (OLB-8-3-2). Power plays (goals-chances) — Montreal: 0-5; Pittsburgh: 0-2.

Att. — 21,273 at Pittsburgh.

OILERS 2, ISLANDERS 1

First Period

1. Edmonton, Brule 6 (Cigliano, Penner) 3:22

2. Edmonton, Penner 12 (Cigliano) 5:17 (sh)

Penalties — Dubnyk Edm (delay of game; served by Hall) 3:31, Brule Edm (hooking) 11:02, Smid Edm (inference) 15:03.

Second Period

3. New York, Comeau 9 (Schremp, Bailey) 13:00

Not including last night's games

G A PT

Crosby, Pgh 32 34 66

Stastna, Tmbs 31 25 55

St. Louis, TB 17 34 51

D.Sedin, Vcr 22 28 50

H.Sedin, Vcr 9 41 50

B.Richards, Dal 18 29 47

Zetterberg, Det 15 30 45

P.K.Anttila, Det 21 23 44

Eriksson, Dal 16 28 44

Kopitar, LA 15 27 42

Ovechkin, Wash 14 20 42

Shan, Chi 23 18 40

Byfuglien, Atl 16 25 41

Duchene, Col 16 24 40

E.Staal, Car 19 20 39

Datsyuk, Det 12 27 39

Lidstrom, Det 11 28 39

Heatley, SJ 15 22 37

Getzlaf, Ana 13 24 37

M.Richards, Pha 13 24 37

Not including last night's games

LACROSSE

NLL 2011 SCHEDULE

All times Eastern

WEEK ONE

Tomorrow's games

Boston at Philadelphia, 7 p.m.

Edmonton at Toronto, 7:30 p.m.

Rochester at Minnesota, 8:30 p.m.

Washington at Colorado, 9 p.m.

WEEK TWO

Friday, Jan. 14

Minnesota at Washington, 11 p.m.

Saturday, Jan. 15

Edmonton at Boston, 7:30 p.m.

Buffalo at Philadelphia, 7:30 p.m.

Toronto at Rochester, 7:35 p.m.

WEEK THREE

Friday, Jan. 21

Boston at Toronto, 7:30 p.m.

Saturday, Jan. 22

Rochester at Boston, 7:30 p.m.

Sunday, Jan. 23

Philadelphia at Colorado, 7 p.m.

WEEK FOUR

Friday, Jan. 28

Philadelphia at Boston, 7:30 p.m.

Calgary at Edmonton, 9 p.m.

Saturday, Jan. 29

Buffalo at Toronto, 7 p.m.

Colorado at Philadelphia, 7 p.m.

Boston at Rochester, 7:35 p.m.

Sunday, Jan. 30

Minnesota at Buffalo, 7:30 p.m.

Edmonton at Minnesota, 8:30 p.m.

Calgary at Edmonton, 9 p.m.

SKIING

MEN'S SLALOM

At Zagreb, Croatia

1. Andre Myhrer, Sweden 152.74 (56.54-56.20); 2. Ivica Kostelic, Croatia 152.84 (56.30-56.54); 3. Mattias Hargin, Sweden, 153.10 (58.06-54.04); 4. Giuliano Razzoli, Italy, 153.14 (56.08-57.06); 5. Christian Devi, Italy, 153.39 (56.94-55.04)

WORLD CUP SLALOM STANDINGS (After 13 events)

1. Michael Walchhofer, Austria, 409 points; 2. Silvan Zurbriggen, Switzerland, 393; 3. Ted Ligety, U.S., 376; 4. Ivica Kostelic, Croatia, 359; 5. Aksel Lund Svindal, Norway, 356; 6. Didier Cuche, Switzerland, 319; 7. Roman Baumgartner, Austria, 294; 8. Benjamin Raich, Austria, 294; 9. Carlo Janka, Switzerland, 255; 10. Marcel Hirscher, Austria, 244.

SKI JUMPING

At Bischofshofen, Austria

1. Tomáš Hiller, Norway, 278.3 points (130.12-130.2); 2. Thomas Morgenstern, Austria, 277.1 (136.0-135.7); 3. Andreas Kofler, Austria, 275.3 (131.5-139.5); 4. Simon Ammann, Switzerland, 274.0 (133.0-140.0); 5. Martin Koch, Austria, 264.5 (131.5-140.5)

FOOT HILLS FINAL STANDINGS

1. Thomas Morgenstern, Austria, 955 points; 2. Simon Ammann, Switzerland, 928; 3. Tom Hilde, Norway, 895; 4. Manuel Fettner, Austria, 882; 5. Martin Koch, Austria, 881

OVERALL WORLD CUP STANDINGS (After 11 events)

1. Thomas Morgenstern, Austria, 903 points; 2. Andreas Kofler, Austria, 621; 3. Simon Ammann, Switzerland, 561; 4. Matti Hautamaki, Finland, 485; 5. Adam Malysz, Poland, 480; 6. Tom Hilde, Norway, 386; 7. Ville Larinto, Finland, 342

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE

BALTIMORE ORIOLES—Agreed to terms with 1B Derrek Lee on a one-year contract.

CLEVELAND INDIANS—Designated INF-OF Jordan Brown for assignment.

MINNESOTA TWINS—Announced the retirement of Twins sports Inc. president Jerry Bell.

NATIONAL LEAGUE

ATLANTA BRAVES—Agreed to terms with 2B Dan Uggla on a five-year contract.

MILWAUKEE BREWERS—Agreed to terms with OF Caleb Gindl, C Anderson Delorazio, OF Logan Schafer and INF Zelous Wheeler on minor league contracts.

PHILADELPHIA PHILLIES

—Agreed to terms with LHP J.C. Romero on a one-year contract.

WPHILADELPHIA PHILLIES—Agreed to terms with RHP Brian Bass, C Tuffy Gosewisch, C Joel Naughton, INF Rob Quinlan, RHP Michael Schwimer and RHP Michael Stutes and INF Delwyn Young on minor league contracts.

PHILADELPHIA PHILLIES

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PHILADELPHIA PHILLIES

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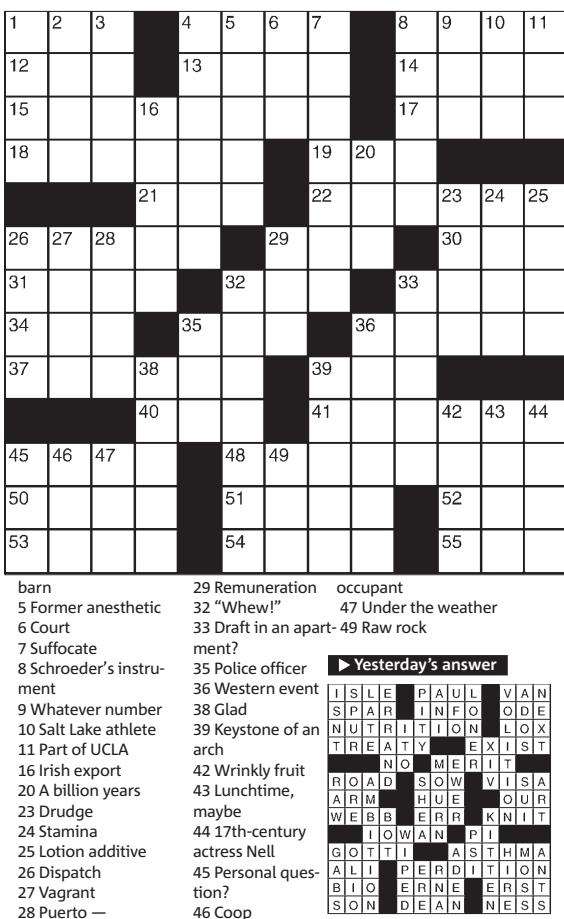
Crossword

Across

1 Recipe meas.
4 Chops
8 Partner of Peter and Mary
12 Overwhelm
13 Tiny bit
14 Grooving on
15 Exaggerated advertising
17 Favourable votes
18 Computer-use period
19 X rating?
21 Neither's mate
22 Big bother
26 Virago
29 Corral
30 Moray, for one
31 Pork cut
32 Tavern
33 Corporate symbol
34 Regis and Kelly's network
35 Weep
36 Feel
37 Attention-getting call
39 Sine — non
40 Suitable
41 Sams celebration
45 Lash
48 Pokey
50 Aid
51 Pennsylvania port
52 Actress Myrna
53 Unmatched
54 Landlord's due
55 B&B

Down

1 Forbidden (Var.)
2 Trade
3 Hide
4 Pile-up area in a



Today's horoscope

**Aries** March 21-April 20

Someone a little bit exotic will come into your life either today or over the weekend and you just might fall head over heels for them.

Taurus April 21-May 21 If you need to sort out your financial situation you have no alternative but to meet others halfway, even if it means you end up with slightly less than you think you deserve.

Gemini May 22-June 21 A relationship has been but under quite a bit of strain in recent weeks, but the good news is that love planet Venus is now very much on your side, so you can kiss and make up in no time at all. Get kissing!

Cancer June 22-July 22

Focus on what is in front of you at this moment in time and put wishful thinking behind you, at least for a while. Take care of practical matters and let the cosmic powers that be take care of your dreams.

Leo July 23-Aug. 22 Venus moves into the most decisive and dynamic area of the sky today, making it easy to do something of consequence with your creative potential.

Virgo Aug. 24-Sept. 22 You may have to turn down a social invitation in order to spend time with someone who needs your emotional support. They've been there for you in the past, now it's your turn to lend a hand.

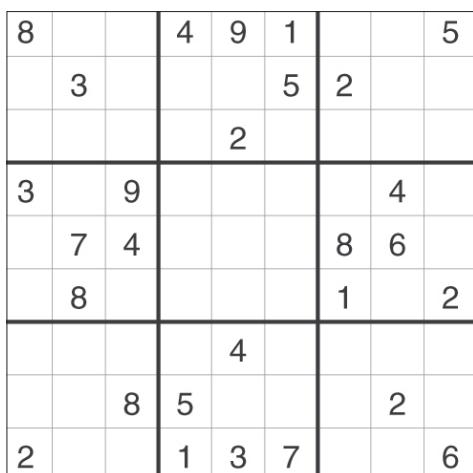
For today's crossword answers and for expanded horoscopes, go to metronews.ca

Libra Sept. 23-Oct. 23 Venus, your ruler and planet of love, moves into the most open and outgoing area of your chart today, so Friday night is most definitely party night.

Scorpio Oct. 24-Nov. 22 You will be tempted to throw your cash around like it's just worthless bits of paper — which is not like you at all. Could it be you have discovered there is something more important than money?

Sagittarius Nov. 23-Dec. 21 Venus, planet of emotional and material values, moves into your sign today and you will feel lighter on just about every level. Whatever has been worrying you will make you laugh.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer



► Friday's answer



A look at the weather

TODAY	SATURDAY	SUNDAY
Min -4° Max 0°	Min -9° Max -3°	Min -9° Max -9°

Michele McDougall
Weather Specialist



"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM

ARTURO RODRIGUEZ/THE ASSOCIATED PRESS

Caption contest



"I guess this is how giraffes are reincarnated."
DANIEL AHMOY



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

• SALLY BROMPTON

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Send a **KISS**

Show some love! Send a note to somebody special at kiss@metronews.ca

How can my high school sweetheart be turning 50? Anthony, twenty five years ago, I told you I would take you to Vegas for your 50th. Well pack your lucky shorts honey, cause I always keep my promises! LOVE TAMMY

I wish to send a special hello to Ripple Centre with all my love from the bottom of my heart. EDGAR

Dearest Ammu kuttu, I want to be the first person to wish you a very happy birthday. Love you chellam. Suganthi aunty THANK YOU, SU

To Susie Q,
Sweet gal from Super Mare!
You'll have more time to ride your gelding Tazz, but our hallways will be naked, lacking your radiant ambience that flows like nectarous honey. Forget us not mellifluous lady as you move into the years of your prime. LUVA

1. Image of girl added up in balcony 2. Link on shoulder in vest removed 3. Window removed to left of red window 4. Chevrolet Cruze passenger-side door handle removed 5. Short post behind fire eater removed 6. Lower red stripe on guy's shirt removed 7. Right flower cutout above door removed 8. Part of hoola-hoop removed 9. Tattoo added to guy's neck 10. Flower added to fire breather's hat

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CHEVROLET



Barcelona, Spain - A local street performer shows-off his fire-blowing skills in the city square. Hoola girl might be momentarily amused, but we're pretty sure she'll go back to checking out the all-new 2011 Chevrolet Cruze.

SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

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